

WISHING YOU A HAPPY CHRISTMAS AND NEW YEAR.

BARNS MEDICAL PRACTICE

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PRESCRIPTION ORDERING

Please remember to order your medication in plenty of time for the holiday period. You can order via the website by following the link or on the prescription line between 9.30am and 12pm. If the prescription line is closed you can leave a message on the answering machine.



URGENT MEDICAL TREATMENT

If you need urgent medical treatment while the surgery is closed please contact NHS 24 on:

08454 24 24 24



CHRISTMAS & NEW YEAR OPENING

Friday 23 Dec 8.20am–5.30pm

Friday 30 Dec 8.20am–5.30pm

Boxing Day—CLOSED

Monday 2 January—CLOSED

Tuesday 27 Dec—CLOSED

Tuesday 3 January—CLOSED



Self-Treatment of Common Illnesses

Please consult a doctor/nurse for advice if you are worried or unsure.

FEVER (RAISED TEMPERATURE)

This is a common symptom and is usually due to a simple virus infection like the cold or flu. Simple measures to help the symptoms a raised temperature are usually effective in both adults and children:

Keep the room cool and well ventilated Don't wear too many clothes Take plenty of cold drinks

Adults and children over 15 years of age can be given either aspirin or paracetamol to lower the temperature. Children under the age of 16 can be given paracetamol either in tablet or liquid form (eg Calpol). The maximum recommended dose should be repeated every 6 hours until symptoms improve.

On no account should aspirin ever be given to children under the age of 16 years. Advice should be sought if the fever lasts for more than 48 hours if the patient is particularly unwell or if there is accompanying headache, vomiting, rash or neck stiffness.

COLD

The cold is caused by a virus infection and usually clears up spontaneously in 3 or 4 days. Sufferers should rest as much as possible and take plenty of fluids. Runny noses can be treated with decongestants obtainable from the pharmacist. Headache is best treated with paracetamol. Antibiotics will not shorten the course of the common cold as they are ineffective against viruses.

SORE THROAT

Most sore throats are caused by virus infections, which antibiotics cannot cure, but with simple remedies the patient normally gets better in 4-5 days. Sometimes a sore throat may occur with the common cold.

Treatment for adults: Drink plenty of cold fluids. Use aspirin or paracetamol for pain relief.

Treatment for children: Young children should be given paracetamol in the correct dose for their age. Medical advice should be sought if a sore throat is getting worse after 2-3 days, if the patient is particularly unwell, or if there is a persistent fever.

COUGH

Coughing is the natural defence mechanism present to protect the air passages from damage. It often occurs during a virus infection and is present to prevent mucus from entering the lower air passages and causing deeper infection. Most coughs can be helped by sipping warm drink regularly. Medical advice should be sought if coughing produces a yellow or green spit for more than 2-3 days; if coughing produces blood; if coughing continues for more than 10 days after a common cold; if coughing is accompanied by shortness of breath

DIARRHOEA

In adults diarrhoea is often caused by a virus infection and usually clears up spontaneously in 24-48 hours. The symptoms can be eased by sticking to an increased fluid/food-free diet for 24 hours and using treatment recommended by the pharmacist. If symptoms persist for more than 2 days, or are accompanied by persistent abdominal pain, advice should be sought.

Diarrhoea in very young children and babies needs careful attention to avoid dehydration. The patient should be encouraged to drink as much fluid as possible and to avoid food for 24 hours. Advice should be sought if the symptoms are accompanied by fever, vomiting or weakness or lasts for more than 24 hours.

